



ARCADIA® by

“CSPA- CENTRO SERVIZI PROFESSIONALI ASSOCIATI SRL”

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Inositol Capsules



Ingredients : Inositol

Antiagglomerants: Vegetal magnesium stearate, colloidal silica

Food-grade gel capsules: Colorant E171 titanium dioxide

Suggested Use: Inositol supplementation is beneficial to the nervous and muscular system

Recommended dose : 2-4 caps a day

Packaging size: 610 mg 60 capsules

Inositol is a non-vitamin B , but it is closely connected with the choline and the biotine. It is an organic compound very diffused in nature, both in plants and in animals. It is also called inosite. It is contained in large quantity in fruit, cereals, free or as a derived substance in (phytin, lipositol). It can be extracted from corn as Phytic Acid. The natural form is the meso-inositol, considered a vitamin, since is a growth factor for some microorganisms. **Myoinositol** is the only active constituent of the phosphatidylinositol from a the nutritional point of view. The **Inositol** is active in the cellular membranes and in sending messages relating to the control of the cellular functions within the nervous system.

Inositol is effective in stimulating the body's lecithin production. Fats are transferred from the liver to the cells with the help of lecithin; therefore **Inositol** contributes to the metabolism of fats and helps to reduce the blood cholesterol rate. **If combined with choline, it prevents the fats which clogs and hardens the arteries and protects our liver, loins and heart.** Furthermore it has been found useful in nourishing the brain cells. Great quantities of Inositol can be found in the spinal marrow, the brain and in the brain-spine fluid. **It is necessary for the growth and survival of the spinal marrow cells, for the ocular membranes and the intestine. It is vital for hair growth and can prevent hair mass loss and baldness.**

Important note: Large quantities of coffee can diminish the inositol reserve present in the human body.

The lack of **INOSITOL** can:

- Cause constipation, eczema and eye anomalies;
- Contribute to hair loss and a high blood cholesterol rate that can manifest itself with cardiovascular diseases.
- Can have negative effects on the nervous system of diabetic people suffering from peripheral neuropathy.

Beneficial effects on certain diseases.

The **Inositol** is beneficial in the treatment of constipation since it has a stimulating effect on the food duct muscular action.

It is also recommended for people suffering from baldness and it is essential to contribute to lower the cholesterol level in the blood, and therefore it is a protective and preventative factor against cardiovascular diseases. It helps to eliminate fat deposits from the liver in patients that have to be operated for stomach cancer.



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The use of Inositol combined with choline has a positive effect on diabetic peripheral neuropathies. The same combination is recommended in women's alimentation. A quantity of 500 mg of inositol and 1000 mg of choline helps in cases of hypoglycemia. Inositol, E vitamin and octacosanol are known for their positive effects on brain paralysis when there are no known allergies.

Transmission in the nervous system improved by taking B group vitamins and inositol.

Dr. Carl Pfeiffer, of the Brain Bio Center , has studied the effects of inositol on brain waves. The results have shown that this vitamin has an anxiolytic power similar to that of Librium. Dr. Pfeiffer thinks that people taking Librium or Valium could stop the treatment and replace it with appropriate doses of inositol. Since inositol has an effect which is similar to that of sedatives, **not only does it acts as a tranquillizer without any side effects, but it can be effective against insomnia.** It also solves cases of light hypertension gradually lowering the blood pressure.

Inositol is useful in the cure of schizophrenia, hypoglycemia and for people with a high copper rate and a low zinc rate in the blood. Also, it was discovered to prevents enlargement of the liver..

Research carried out on animals:

- **Inositol and cholesterol.** Two groups of rabbits have been fed with a cholesterol capsule per day. A group has received just cholesterol and a regular diet. The other has received a capsule of inositol in addition to cholesterol.

Results. At the end of the diet period, the first group of rabbits has shown an increase by 337% in the cholesterol contained in the blood. In those that had taken inositol this increase has been only 181%. (Newsweek, 11 September 1950, doct. Louis B. Potte, doct. William C. Felch and Stephan J. Ilka of St. Luke Hospital, New York; reported in Rodale, *The Encyclopedia for Healthful Living* .)

INOSITOL CAN BE EFFECTIVE IN THE TREATMENT OF THE FOLLOWING DISEASES:

Organs	Diseases
Intestine Apparatus	Constipation
Hair	Baldness
Brain/nervous system	Anxiety - Insomnia - Diabetic Peripheral neuropathies Schizophrenia - Nervous Tension
Liver	Cirrhosis of the liver - Liver Swelling
Eye	Glaucoma
Lungs/ Breathing Apparatus	Asthma
Blood/ Circulatory apparatus	High cholesterol rate - Arteriosclerosis Arteriosclerosis - Ictus - Hyper-tension Hypoglycemia - Cardio-vascular Diseases
Stomach	Cancer (pre-operation treatment) - Gastritis
General	Women Diet - Insomnia Overweight and obesity - Brain Paralysis

*Non si intende far utilizzare le nozioni contenute in queste pagine per scopi diagnostici o prescrittivi.
Per qualsiasi trattamento o diagnosi di malattia, rivolgetevi ad un medico competente.*